



ACTION CALENDAR: JOYFUL JUNE 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



3 Re-frame a worry and try to find a positive way to respond

4 Thank someone for the joy they have brought into your life

5 Do something today which you know will make you feel good

6 Ask someone what brings them joy and listen to their answer

7 Make a plan with friends to do something fun together

8 Find the joy in music today: sing, play, dance or listen

9 Get out into green space and feel the joy that nature offers

10 Write a gratitude letter to thank someone for what they did

11 Try to say something positive every time you walk into a room

12 Spread joy. Give flowers or help to brighten someone's day

13 See the upside in a difficult situation you learnt from

14 Cook your favourite food and enjoy it (with others if possible)

15 Go outside and find the joy in doing something active

16 Rediscover a fun childhood activity that you can enjoy today

17 Think of 3 things you're grateful for and write them down

18 Make time to do something playful today, just for the fun of it

19 Look for something to be thankful for where you least expect it

20 Make a list of favourite memories you feel grateful for

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Share a happy memory with someone who means a lot to you

24 Create a playlist of favourite songs and enjoy them

25 Eat food that makes you feel good and really savour it

26 Take a light-hearted approach. Choose to see the funny side

27 Be kind to you. Treat yourself the way you would treat a friend

28 Notice how positive emotions are contagious between people

29 Make a list of the joys in your life (and keep adding to them)

30 Remember: joy is portable - so you can always take it with you!

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